

Facet

THE CENTRAL IOWA EXPERIENCE

FEBRUARY 2014

'THE NEW JANE GOODALL'


IOWA STATE PROFESSOR JILL PRUETZ
HAS A FOOT IN TWO CONTINENTS
— AND THE WORLD IS PAYING
ATTENTION


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LEARNING'

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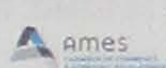


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Facets

THE CENTRAL IOWA EXPERIENCE

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ON THE COVER: Iowa State University professor Jill Pruetz's love of working with primates has taken her from the midwest all the way to Africa. To read more, flip to page 6. PHOTO BY NICOLE WIEGAND/FACETS MAGAZINE

EDITOR'S NOTE

When discussing ideas for the theme of this month's magazine, we happened upon the idea to center our features and columns around the idea of exploration.

But what does that really mean?

There are so many different manifestations of the notion of "exploration," from taking the word literally to entirely figuratively.

For me, at least, there are two definitions that immediately come to mind: literally exploring, by means of travel, to someplace you've never been, and exploring new experiences, which often entails venturing (or being coaxed) out of your comfort zone — something that doesn't come easily to me.

There's always something deep down inside me that worries nearly every single time I try something new, that I'll fail.

It doesn't matter if it's something silly like intramural broomball, where many a pair of sweatpants met their bitter end after repeated encounters with the ice rink, or something as important as shooting photos for a friend's wedding, which I did for the first time last summer.

Regardless of the task at hand, that fear is always there in some measure.

I remember one such incident particularly clearly. Just prior to my junior year of high school, the St. Joe High School volleyball teams took a field trip to Camp Manowe, in Sturgis, Mich., for a series of team-building activities, the last of which was a ropes course we were required to navigate as a team.

I remember glancing up at the towering, three-story structure and chuckling, thinking it'd be a piece of cake. Oh boy, was I wrong.

After scaling the first level, which was probably something as simple as climbing a ladder or a rope net, I met my foe in a series of wooden platforms suspended by ropes that I'd need to hop across all while keeping my balance.

Even though there was literally no way I could fall (or fail) — we had been harnessed in and were supported by a cable the entire time — I was absolutely terrified.

What if I fell off the platform and looked like an idiot in front of my teammates? (Spoiler alert: this happened multiple times.) What if it takes me forever to even try? (Guess what? That happened too.)

Forty-five minutes and lots of tears later, I finally made my way across the platforms and to the zipline where I joined my teammates.

They had all finished far before I had, but it was in that moment I realized that the entire exercise had nothing to do with my performance and everything to do with my perseverance.



It was the mere act of (eventually) getting up the courage to burst out of my comfort zone that not only made way for a lot of fun (have you ever been ziplining? I highly recommend it), but boosted my confidence as well.

In that same vein, we tried to take you exploring in all facets of the word through this issue's features

Tribune Outdoors editor Todd Burras, who always takes us on adventures with his columns that examine the outdoors and the people who relish in them, takes us a bit out of our comfort zones by exploring the world of dog sledding in northern Minnesota.

Contributor Beth Dalbey spoke with Iowa State professor and renowned researcher Jill Pruetz, who, through her work with primates that has led coworkers to refer to her as "the new Jane Goodall," takes us to the west coast of Africa and into her world of chimpanzees on a field site in Fongoli, Senegal.

Debra Atkinson explains how to mix up your fitness routine in two particular ways, one of which involves equipment you probably already have sitting in your garage.

And it wouldn't be February without a little Valentine's Day love. Find a plethora of gift ideas and recipes — including an entire menu prepared by Lincoln Center Hy-Vee's chef Cori Albers — all in this month's edition of Facets.

Nicole Wiegand

NICOLE WIEGAND

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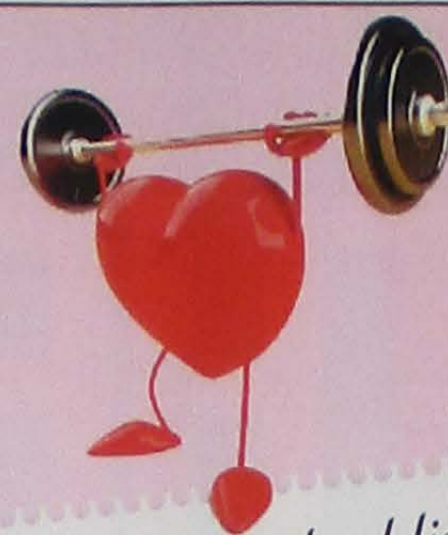
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Special date with person of choice ☒

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'THE NEW JANE GOODALL'

Primatologist Jill Pruetz has a foot in two continents — and the world is paying attention



In primatology circles, Jill Pruetz is increasingly recognized as 'the new Jane Goodall,' says her boss at Iowa State University.

BY BETH DALBEY

Though mesmerized as a young volunteer at a Texas primate center in the late 1980s by the human-like qualities of chimpanzees, Jill Pruetz couldn't have predicted that some 25 years later, she would have one foot in the United States, where she is a Walvoord professor at Iowa State University, and the other in the west African nation of Senegal, where her scientific inquiry with a troop of savanna chimpanzees is throwing down paradigms as if they were branches from a baobab tree.

She couldn't have known back then, after turning her back on years of preparation at Southwest Texas University to become an elementary education teacher, that in 2008, she would be named a National Geographic Emerging Explorer.

She couldn't have imagined that her name would be mentioned in the same sentence as that of Jane Goodall, the internationally acclaimed scientist whose work with great apes lifted the veil separating human and ape behavior.

And she couldn't have imagined that as she traveled between continents that she would dismiss the repeated bouts with malaria as casually as if they were mere sniffles.

What she did know was that when she looked into the eyes of the chimpanzees, what she saw reflected was herself.

"Once I volunteered with chimpanzees, it was all over," Pruetz said, sitting in an Ames coffee shop a few days after she returned from a quick trip to Senegal to check on the 31 chimpanzees whose range includes her field site in Fongoli.

Looking back to her first



Tia, an adult female, and her daughter, Aimee, were successfully reunited in 2009 after Aimee had been kidnapped into the pet trade. Jill Pruetz and her team documented interesting behavior on the part of an adolescent male in the reunion, which made international headlines. PHOTO BY JOSHUA MARSHACK, 2011

encounters with one of the four types of great apes, whose individual differences and personalities are as apparent today as those of her human friends, she chuckles at her own naiveté.

"As much as I had read, I was not prepared for how similar their emotions are. Even after spending a few days with them and making eye contact and seeing there was so much going on ..." she said, trailing off as she sipped the from the steaming cup of caramel macchiato. "If you haven't had the experience, it's hard to communicate.

"And yet, being so closely related, we treat them like we

have," she said, the smile disappearing from her suntanned face.

When she's in the at the Fongoli, Senegal, field site, a place she would happily spend most of her time if not for the pressures on scientists to publish and her teaching duties in Iowa State's Department of Anthropology, her life sometimes reads like it's been scripted for an adventure novel.

• • •

Her scientific inquiry there has been going on for 13 years and she's learned to count on the troop of chimpanzees she

habituated — something some potential funders had expressed skepticism about her ability to accomplish — to keep her safe.

Wildfires are common in Senegal, especially during the dry season when 85 percent of the chimpanzees' range burns, and this one was licking incredibly close.

Yet chimpanzees lounged nearby in a ravine, calmly grooming one another as the fire raced across the savannas and chewed up the vegetation.

Pruetz violated her own protocol to remain at a 30-foot distance and inched closer to the group.

"To them, it's no big deal," Pruetz said. "I tell my students, if you are around fire, don't lose the chimps, because they know. They are very good at predicting fire."

She published a study in 2009 about the Fongoli chimpanzees' near-human understanding of fire, further blurring the line between human and non-human primates.

In another instance in 2009, she made an emergency flight to Senegal to assist in the rescue of Aimee, a 9-month-old from the Fongoli group, from the illegal pet trade, and to supervise the young chimpanzee's reintroduction to the group. Two young boys had been hunting for wart hogs when their dogs injured Tia, Aimee's mother, and they exploited the situation, seeing the opportunity to make some money.

On the long overseas flight, she steeled herself for what would likely be the outcome. At less than a year, Aimee was still nursing and traveling on the back of her mother, Tia. Even if her field site manager was

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Long hikes are part of Jill Pruetz's daily routine during her visits to Senegal several times a year. The chimpanzees are habituated and are unconcerned by her presence. PHOTO COURTESY OF JILL PRUETZ, 2011

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50 scientific papers and books.

Beck's definitive 1980 anthology, "Animal Tool Behavior," was updated in 2011 with two of his scientific colleagues from the former Great Ape Trust of Iowa — Robert W. Shumaker and Kristina R. Walkup, who studied under Pruetz both as a post-graduate and Ph.D. candidate.

Their updated version, "Animal Tool Behavior: The Use and Manufacture of Tools by Animals," includes extensive citations of Pruetz's research in Senegal, which has contributed greatly to the literature on the subject.

Shumaker, now the vice president of conservation and life sciences for the Indianapolis Zoo, said Pruetz's research is critically important to conservation efforts to save endangered chimpanzees in the wild.

Millions of chimpanzees once roamed an area roughly the size of the United States in equatorial Africa and now there are an estimated 170,000-300,000, according to the World Conservation Union. By some estimates, chimpanzee populations have decreased 90 percent over the past 20 years because of increasing pressures from human populations.

Shumaker said Pruetz's inquiry "reinforces the very clear idea of cultural variation among chimpanzees."

"By that, I mean that every single new field sites for chimps that has been developed, like Fongoli, reveals something new and different about chimpanzees," he said.

"It reinforces dramatic cultural differences that exists across their ranges and puts a dramatic emphasis on conservation efforts. A chimpanzee is not a chimpanzee — they are different all over the continent, and our conservation efforts need to acknowledge and reflect that."



Bilbo, an adult male, walks across an open savannah at Jill Pruetz's study site in Fongoli, Senegal. PHOTO BY JILL PRUETZ, DEC. 2013

A current area of inquiry is whether chimpanzees teach tool manufacturing to their young, or if selecting branches, stripping away leaves and sharpening them with their teeth is mimicked behavior.

• • •

She has observed instances in which youngsters sharpen sticks, but they are size appropriate, and not useful in hunting.

"It's just an itty-bitty tool," Pruetz said, holding her index fingers about six inches apart, "perfect for their size, but at what age will they start making appropriately-sized tools? I'd like to see when they shift."

The data already indicates that females are better tool manufacturers and hunters than males, so she thinks there may be some merit in that study.

"I like the fact that there's always something new," she said. "The chimps are always steering me in different

directions. Sometimes, I just think I'm lucky. I give them a lot of credit."

That her work is turning global attention to Ames is no small thing, says Pruetz's boss, Paul Lasley, who chairs Iowa State's Department of Sociology.

Lasley bursts with something akin to fatherly pride when he talks about the "enormous visibility" Pruetz has brought to Iowa State, "a place where you would not expect to find an internationally prominent primatologist who is known in many circles to be the 'new Jane Goodall.'"

"This is a phenomenal opportunity for Iowa State, and we have students from all over the world who want to study with Jill," he said. "Frankly, we can't accommodate them all. We have to limit it so she continue her research. What a gift to Iowa and to Iowa State she is."

Lasley and Pruetz talk often about the urgency of the research. Like sand in an

hourglass, the opportunity is slipping away to study wild chimpanzees in a natural environment and generally peacefully co-existing with people.

"Unfortunately, because of world population pressures, we are crowding not only chimpanzees, but lots of species to the brink of extinction," he said. "We're very concerned that in a generation or two, there will no longer be chimps in the wild that can be studied."

Lasley said he and Pruetz have talked at length about the future of her research, which both agree is clouded because of pressures such as gold mining.

"It won't happen anytime soon," he said, "but it is a threat. When there are no more chimpanzees living in the wild, what will we have lost?"

"It's so much more than common DNA. It's sharing, cooperation, parenting ... and helpful behavior," he said. "What we think of as uniquely human behavior simply isn't." ♦

'A passion for learning'

Rather than aspire to a career in school administration, Nevada's Heather Ludwig uses her Ed. D/Doctorate degree to treat high-schoolers to a first-class education.

PHOTO AND STORY BY MARLYS BARKER

There's a doctor who practices at Nevada High School these days.

But instead of treating kids for diseases and pains, Dr. Heather Ludwig is treating kids to a first-class education, and she's inspiring her students to challenge themselves in the learning process.

Ludwig, 41, who sports long, curly locks and a friendly, welcoming smile, is in her 16th year of teaching at Nevada High School. Ludwig holds an Ed. D/Doctorate in educational leadership, with an emphasis in curriculum and instruction. She earned the advanced degree in August of 2007 from Drake University, prompting many students to now call her "Dr. Ludwig," though she said it doesn't offend her in the slightest if students just call her "Mrs."

Many educators who earn advanced degrees plan to use those degrees to step up to administrative positions, but Ludwig said she has no desire climb that particular ladder.

"I love building relationships with students and sharing my passion for learning," she said, emphasizing that there's nowhere she'd rather be than in a classroom, either as the instructor or the student.

To understand the incredible passion for learning this teacher has, you need to go all the way back to her childhood.

The granddaughter of a one-room schoolhouse teacher, Ludwig, who now teaches Honors English 9, Advanced Composition, World Literature-Western, World Literature-Around the World and Advanced Speech, wanted to follow in her

grandmother's footsteps.

"When I was 10 or 11, I would invite the neighborhood preschool students to my backyard and have school at the picnic table. I was lucky that my mom and dad had a copy machine, and my mom bought me a preschool workbook and I would copy it for (the preschool kids)."

Ludwig said she spent nearly every summer day in her hometown of Strawberry Point working with "her pupils" for about an hour. "Parents talked about how I made (their children) love school, and they knew their basics before they started school."

Ludwig even had a babysitter who was a retired teacher.

"She gave me my first grading scale that I could post."

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After graduating from Starmont High School in Arlington, Ludwig continued her education at Luther College in Decorah. "I knew I wanted to be a teacher, but I was not sure what subject I wanted to teach."

Ludwig also knew she preferred the high school level. She had been a student director for choir during her own junior and senior years of high school, so that was a possibility. "I thought that would be fun, but I really wanted to be a social studies teacher. I had the problem that I loved all the subjects ... it was hard to choose the 'one' that I wanted to teach."

An advisor at Luther recommended she teach English, as she could then incorporate other subject areas, especially social studies, into her teaching.

"The ability to continue to learn enables you to model the passion of learning, and it does not stop. ... Many of my students come back after high school and thank me for challenging them to think for themselves ... and grow as learners."

— Heather Ludwig, teacher at Nevada High School

Greene Community School District hired her out of college, and gave her the opportunity to be a full-time English teacher for grades 8-12.

"I had the opportunity to teach every type of language arts class. I also coached speech, was the newspaper and yearbook advisor and ran the concession stands," she recalled. It was a great entry-level opportunity that led to the perfect opportunity to teach all her favorites at Nevada High School.

As much as she enjoys teaching, Ludwig also loves learning.

"Every teacher is a role model to their students. Students look at teachers and their choices and will decide for themselves what they like and what they do not like."

Ludwig feels that along with making good life choices to model to her students, she also wants to be a good role model when it comes to learning.

"My students continue to grow and be stretched because of my own passion for learning. I want them to watch themselves grow also."

Ludwig believes she has grown from her continued learning experiences. For one thing, as she pursued her Ed.D, she learned how to balance the incredible challenge of spending many weekends in class and still finding time to grade high school papers and projects; read the required books for the program; prepare projects, presentations and papers for the program; along with trying to live a "normal" life.

"Many days I was living on very few hours of sleep, but while I was working on this degree, I was a stronger teacher, because I was modeling what I was teaching in my own personal life."

During the time she pursued her Ed. D, she had a supportive husband — Robert — a membership specialist for Wellmark Blue Cross/Blue Shield, but no children. On the day she defended her dissertation, she and Robert started the adoption process. The baby boy they adopted from South Korea at 8 months of age, Peter, is now a 6-year-old kindergarten student.

Motherhood hasn't stopped Ludwig's desire to continue her own education. She said she fully intends to go back and get another degree — probably a master's or specialist degree. "I am ready to continue to be stretched and improve my own teaching. I usually take courses every year to continue to grow. Last summer, I had the opportunity to complete Lynn Erickson's Concept-Based Instruction and Curriculum Institute, which enables me to go around the world and lead workshops based on her work."

Ludwig said continuing to pursue new levels in her own education has given her the opportunity to be around teachers and administrators from many other schools. "The dialogues and ideas that are shared (with these professionals) allow you to see how you can improve in your own classroom. The courses all make you think, stretch and improve your own teaching."

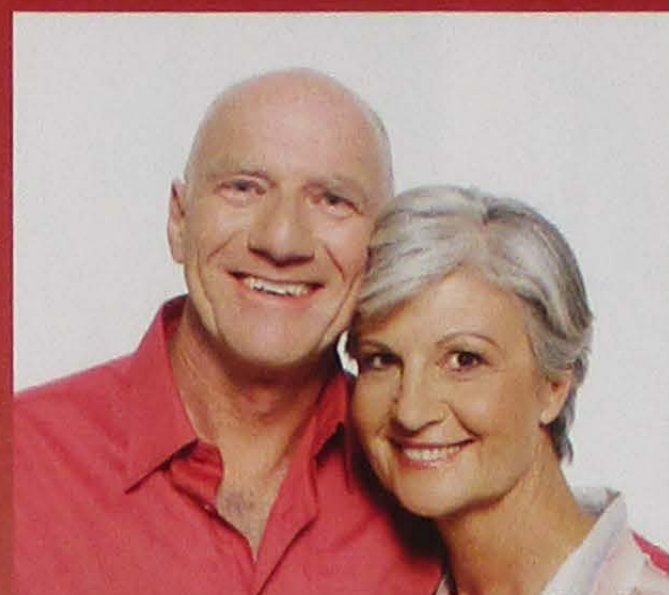
And the biggest benefit, she said, is that as she grows as an individual, she can help her students grow.

"The ability to continue to learn enables you to model the passion of learning, and it does not stop. Sometimes students would rather have items handed to them instead of having to work for them," she said. But that doesn't fly at all in her classroom. She pushes every student to challenge themselves and find their own ability to achieve.

Pushing students to be their best often leads to the greatest gift of all for this teacher:

"Many of my students come back after high school and thank me for challenging them to think for themselves, write well and grow as learners." ❖

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Wedding Belles

As the Spring Bridal ExCytement bridal expo nears, we checked in with Ashley Redeker of Boone's Modern Dress and Kayse Carter of Ames' Pure Bridal for the latest tips and trends in bridal fashion

Are you newly engaged or finishing up on those last-minute details for your big day? Either way, the Spring Bridal ExCytement expo is the place for you.

Spring Bridal ExCytement is a one-stop shopping experience where you and your entire bridal party can see the area's best wedding products and services in one convenient location.

Experts and owners from Ames and the surrounding area will be on hand to answer all of your important planning questions.

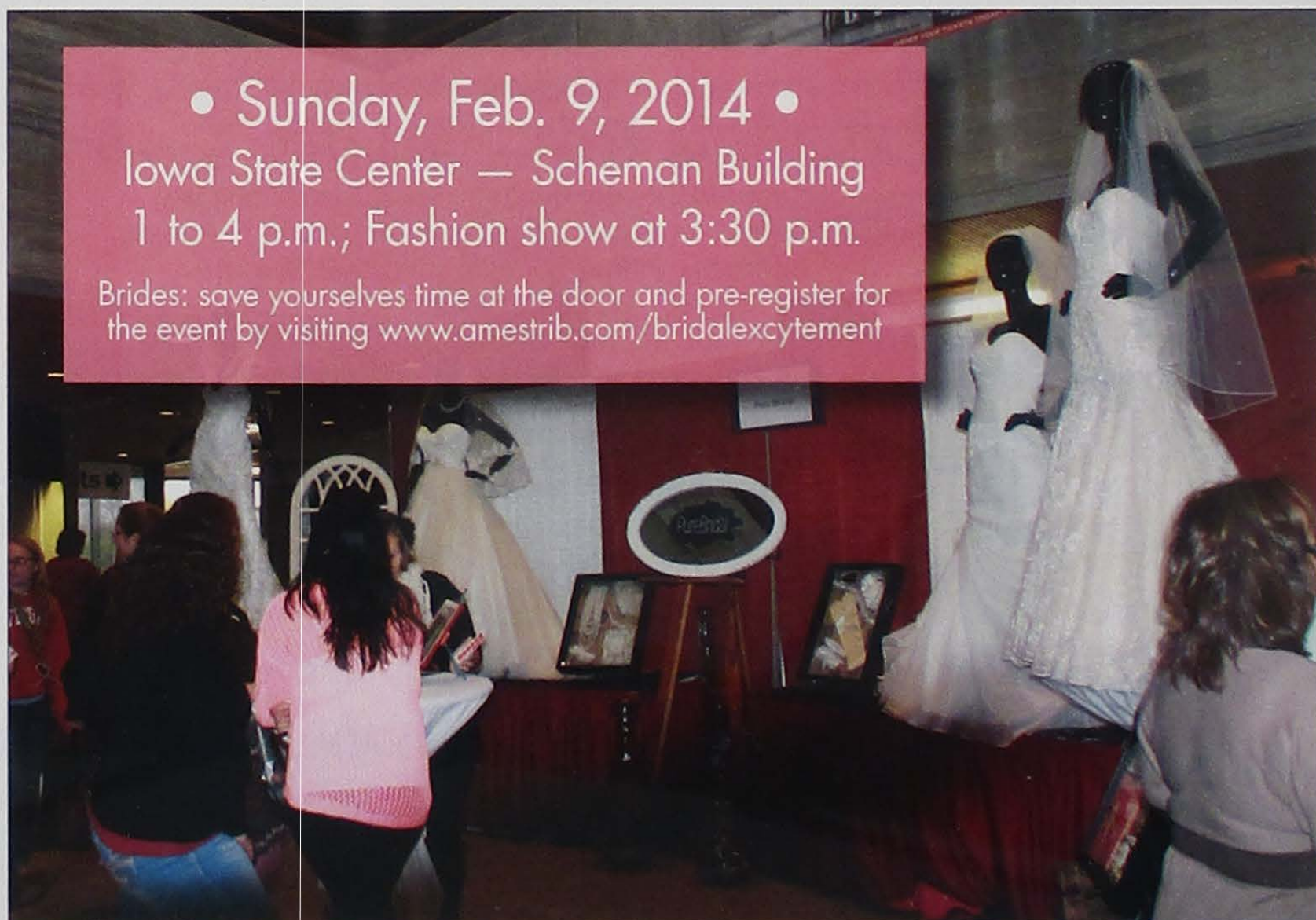
Spring Bridal ExCytement will allow you to sample wedding cake, hear music, meet photographers, talk with wedding vendors face-to-face and gain wedding ideas and tips.

Plus, join us at 3:30 p.m. in the Scheman Building's Benton Auditorium for the bridal fashion show that will showcase the latest in fashion.

• Sunday, Feb. 9, 2014 •

Iowa State Center — Scheman Building
1 to 4 p.m.; Fashion show at 3:30 p.m.

Brides: save yourselves time at the door and pre-register for the event by visiting www.amestrib.com/bridalexcytement



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Kayse Carter, left, co-owner

WHAT DOES PURE BRIDAL OFFER IN ADDITION TO WEDDING GOWNS?

Pure Bridal is fully equipped to take care of all members of your wedding party, as well as having a HUGE selection of prom and formal dresses this year! Although we've recently gotten rid of tuxedos in-house, we've teamed up with an amazing tuxedo company that gives our brides the same discounts that we were giving them when we carried them. We have an impressive selection of everything from bridesmaids dresses, mothers' dresses and flower girl dresses to jewelry, headpieces, garters and veils. If you are looking for something that we don't carry, we do our best to find it for you!

WHAT ARE SOME OF THE BIGGEST BRIDAL TRENDS YOU'VE NOTICED FOR THE UPCOMING WEDDING SEASON?

For the first time in a long time, straps and sleeves are really popular! Statement-making illusion backs are also a big trend right now, thanks to Pinterest!

We always tell brides that you may like to think that you are the only one wearing your wedding gown down the aisle, but realistically, there are probably hundreds of brides across the country who have worn that particular dress.

The way you make the dress unique is how you accessorize it. The easiest way is to add a sash, brooch or to add/remove straps, but we've had brides who changed the bottom of their organza ruffle skirt to have an ivory to light gray to charcoal to black ombre for their Halloween wedding! Another popular way to customize your wedding gown is to add a cascading crystals all over the skirt for girls who really love some sparkle!

Spring Bridal ExCytement vendors:

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WHAT ARE SOME OF THE BIGGEST BRIDAL TRENDS YOU'VE NOTICED FOR THE UPCOMING WEDDING SEASON?

Lately, we have been seeing a lot of lace, and this season we are seeing a lot of straps, illusion necklines and stunning back details. We also are seeing more color in the gowns. We have dresses in champagne, blush and even a gorgeous new light silver, however all bridal gowns at Modern Dress are always available in white or ivory.

We love adding a fabulous sash to a dress, but there are more options than that! A lot of brides are adding straps, sleeves or a bolero to their dress. Our seamstress custom-makes this to match the dress for a cohesive look. It is also fun to make the dress and the straps or sleeves separate so the bride can remove them for a completely different look for her reception!



MAKING TRACKS

Visitors to northeastern Minnesota's Boundary Waters Canoe Wilderness Area are treated to an adventure like no other at the Wintergreen Dog Sled Lodge

STORY BY TODD BURRAS
PHOTO COURTESY OF
LYNNANNE VESPER

ALL ABOUT WINTERGREEN DOG SLED LODGE

There's plenty of snow in northeast Minnesota, some 40 inches on the ground by mid-January with more likely to come. Historically, February and March offer the heaviest amounts of snowfall in Minnesota's Arrowhead Region. So if you're looking for an outdoors adventure that's a little bit out of the box, a dog sledding trip might be just for you.

Paul Schurke, founder and owner of Wintergreen Dog Sled Lodge near Ely, says guests typically book trips two to three months in advance to get their preferred dates, but the lodge has openings for day trips through March and overnight trips in March.

Schurke said it's important that guests "be reasonably fit (can comfortably walk three miles or more) and are not more than 30 pounds overweight for their height."

"The balance and exertion required is similar to bicycling so that comparison serves as a useful gauge," he said.

For more about Wintergreen, visit www.dogsledding.com.

and stillness that blankets your spirit, your soul.

Only the sudden raucous call of a raven awakens you from

your reverie and makes you aware of the bald eagle flying overhead and the whispering sound of wind tickling the tops

of the red and white pines.

It's here, in northeastern Minnesota, at the edge of the Boundary Waters Canoe Area Wilderness, that visitors from around the world come to experience a unique winter adventure. Dog sledding is a big business at Paul and Susan Schurke's Wintergreen Dog Sled Lodge. Tucked away down a long lane next to White Iron Lake, several miles southeast of Ely, Wintergreen is one of the country's most popular dog sledding destinations.

"When we gathered all of our Wintergreen guests together for a New Year's Eve party, we found that we had guests that were from seven states and nine

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countries (Egypt, UK, Canada, South Africa, Australia, New Zealand, Sweden, Germany and France)," Paul Schurke said.

Schurke and other highly skilled guides have been leading guests on day and overnight trips since Wintergreen opened in 1987. LynnAnne Vesper is one of those guides. She's been guiding dog sledding and canoeing trips for 14 years.

HOW DID YOU END UP GUIDING DOG TRIPS FOR WINTERGREEN?

I came to Wintergreen with a group from my college, Gustavus Adolphus, when I was a senior in 1993. I read an alarming statistic at the time that a high percentage of graduates were doing something very similar to their first job 10 years down the road. I decided to shelve my French and German major and choose a career path that encourages people to get along with less. Dog sledding definitely reduces life to simplest terms: eat, drink, keep warm, don't hold grudges. Dogs aren't shy about requesting affection, and they take you at face value every day of the week.

WHAT'S THE BEST PART OF GUIDING?

The best part of guiding is the variety of things I get to do over the course of a day. I make breakfast, then help people learn how to best interact with their dogs and choose trails according to the group's abilities. In the evenings, we revisit the day's adventures over hot cocoa or sometimes wine by the fireplace. I like reaping the benefit of the "learning curve;" the second and third days are definitely easier than the first day as people learn how to handle their sleds and get to know their dogs. We encourage

guests to get as involved as they would like to with feeding and harnessing the dogs on their team. Poop-scooping is optional.

Dog sledding is one of the last "real" adventures. It is such a privilege to drive Inuit dogs, which are descended from dogs that have been used by native people in the Arctic for hundreds, if not thousands, of years for hunting seals and polar bears. To drive a dog team is to touch a piece of history. We do not run "constructed" adventures. We travel through one of the last completely intact ecosystems where all members of the food web are still present. The boreal forest holds a diversity of wildlife, and in the winter the animals leave tracks and other obvious signs of their activity. On one day (in early January), we saw signs of wolf, fox, snowshoe hare, deer, otter, beaver, pine marten, red squirrel, grouse and various rodents.

WHAT'S THE MOST COMMON REACTION YOU HEAR FROM PEOPLE AFTER A TRIP?

I think most of our participants and guests have a "Wow, this is really cool" moment when we go to feed the dogs on the first morning. Being greeted by a chorus of 80 dogs howling is an experience that most people take home as a mental snapshot. Another time that people remember is the first time we pull the "rip cord" and they go tearing down the lake. Most of the time, though, we are moving just a little faster than the average person can run, so people can get off their sleds and run briefly to warm up. ... One of the most common reactions people have is how much personality the dogs have. They have so many different ways of communicating with each other.

WHAT WOULD YOU SAY TO PEOPLE WHO ARE CONSIDERING AN OUT-OF-THE-BOX ADVENTURE AS TO WHY THEY SHOULD TRY DOG SLEDDING?

To someone considering a dog sledding vacation, we have a wide variety of options. Our most popular trip is our four-night "deluxe" vacation, which keeps group size small, just six guests and two guides. For budget-conscious travelers, we have trips with eight to 10 people per group and shared bathrooms. My personal favorite trip is our photography workshop with Smithsonian photographer Layne Kennedy. It is our longest lodge-based trip at five nights, and Layne is the most congenial photographer and excellent teacher you could ever hope to meet. We still have a few openings on this year's trips!

Here's what several outdoors media outlets have to say about Wintergreen Dog Sled Lodge:

- National Geographic.com said, "'Mush with the best' at Wintergreen"
- Outside Magazine ranked Wintergreen in the "Top 10" small outdoor businesses
- SmarterTravel.com ranked Wintergreen in "10 Best Adventure Travel Bargains"
- PBS-TV selected Wintergreen in the Top 6 "Adventure Lodges"
- Good Morning America rated Wintergreen a "perfect destination" for dog sledding
- Travel Channel featured Wintergreen on the "Samantha Brown Show"
- NBC Today Show featured Wintergreen in its January 2013 President Barack Obama Inaugural Event coverage



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Meals for Monarchs

A garden full of milkweed plants will ensure it's full of Monarchs months later

BY JAN RIGGENBACH

When I lived in the country, I never worried about having enough milkweeds to feed monarch caterpillars. There were whole colonies of common milkweed (*Asclepias syriaca*) growing voluntarily in the sunny meadows of our acreage.

In my new city garden, growing meals for monarchs requires more planning but is definitely worth the effort.

I can't imagine a world without the beautiful monarch butterflies, but it's no secret that these insects are hungry and need our help. It's not the adults that are starving; they will happily sip nectar from many different kinds of flowers, not just milkweeds.

But their babies require milkweed foliage for food, and most of the fallow strips between fields and roads where common milkweed once thrived are now gone. That's where gardeners come in. Banded together, we can make a difference.

While common milkweed spreads too

aggressively for a city garden, monarch larvae don't seem to care what kind of milkweed they eat. Luckily, there's a well-behaved milkweed that will thrive in almost any garden spot, soggy or dry.

In the wet clay of my new garden, swamp milkweed (*Asclepias incarnata*) is right at home. It would also be a good choice for growing in low spots where water sometimes stands, in rain gardens, along streams, or in any other moist place.

Swamp milkweed is a beautiful plant that grows about 4 feet tall, topped with deep-pink flower clusters.

On a sunny berm that has dry, sandy soil, I planted butterfly milkweed (*Asclepias tuberosa*). I love its bright orange-red flower clusters and narrow, dark-green leaves. Only about 2 feet tall, it makes a good companion for other forbs.

Sullivant's milkweed (*Asclepias sullivantii*) is the latest addition to my new garden. Prairie Nursery (www.prairienursery.com) calls it "the well-behaved brother of the free-running common milkweed." This one grows

3- to 5-feet tall with pink flower clusters and thrives in average soil.

While most milkweeds grow best in full sun, purple milkweed (*Asclepias purpurascens*) prefers partial shade. It grows about 3-feet tall and has rich-purple flower clusters.

Not all milkweeds are hardy perennials. Scarlet milkweed (*Asclepias curassavica*), or bloodflower, is an annual. Start seeds inside about eight weeks before the last spring frost to enjoy the red and yellow blossoms earlier in the season.

Planting any of the milkweeds from seed is an inexpensive option if you want a lot of plants. Start this winter by putting the seeds in moist potting soil in a plastic bag. Refrigerate the bag for three weeks before planting in individual pots indoors under lights.

Swamp and butterfly milkweeds are widely available at garden centers. For plant and seed sources of other species, see www.midwestgardening.com. ❖

Longtime garden columnist Jan Riggensbach lives in Omaha.



Treat your Sweetie

You've probably made plenty of cookies using the usual ingredients, like butter, peanut butter and chocolate chips. What if you swapped them out for less common (and a bit more adventurous) components? This recipe employs almond butter in place of peanut butter, coconut oil in place of butter, and a sweet surprise in place of chocolate, perfect for Valentine's Day.

SOFT ALMOND BUTTER COOKIES

- 3/4 cup smooth almond butter
- 1/2 cup coconut oil, softened
- 1 egg
- 1 cup packed light brown sugar
- 1 tablespoon vanilla extract
- 1 cup flour
- 2 tablespoons cornstarch
- 1 tablespoon baking soda
- 1/2 cup maraschino cherries, chopped (optional)

For icing:

- 1 cup powdered sugar
- 1 tablespoon lemon juice
- 2 tablespoons melted butter

Cream together almond butter, coconut oil, brown sugar and egg with a hand mixer until light and fluffy. Add vanilla and mix to incorporate.

Add flour, cornstarch and baking soda. Mix to incorporate, about 1 minute. Add chopped maraschino cherries, if desired, and fold into dough.

Form dough into 24 small cookies using an ice cream scoop. Arrange dough balls on two baking sheets lined with parchment paper.

Cover sheets with plastic wrap and refrigerate at least 2 hours, up to 5 days.

When ready to bake, preheat oven to 350 degrees and bake cookies for 10 minutes, or until they begin to brown.

For the icing, combine powdered sugar, lemon juice and melted butter and whisk until smooth. Drizzle over cookies once cooled. Makes 24 servings.



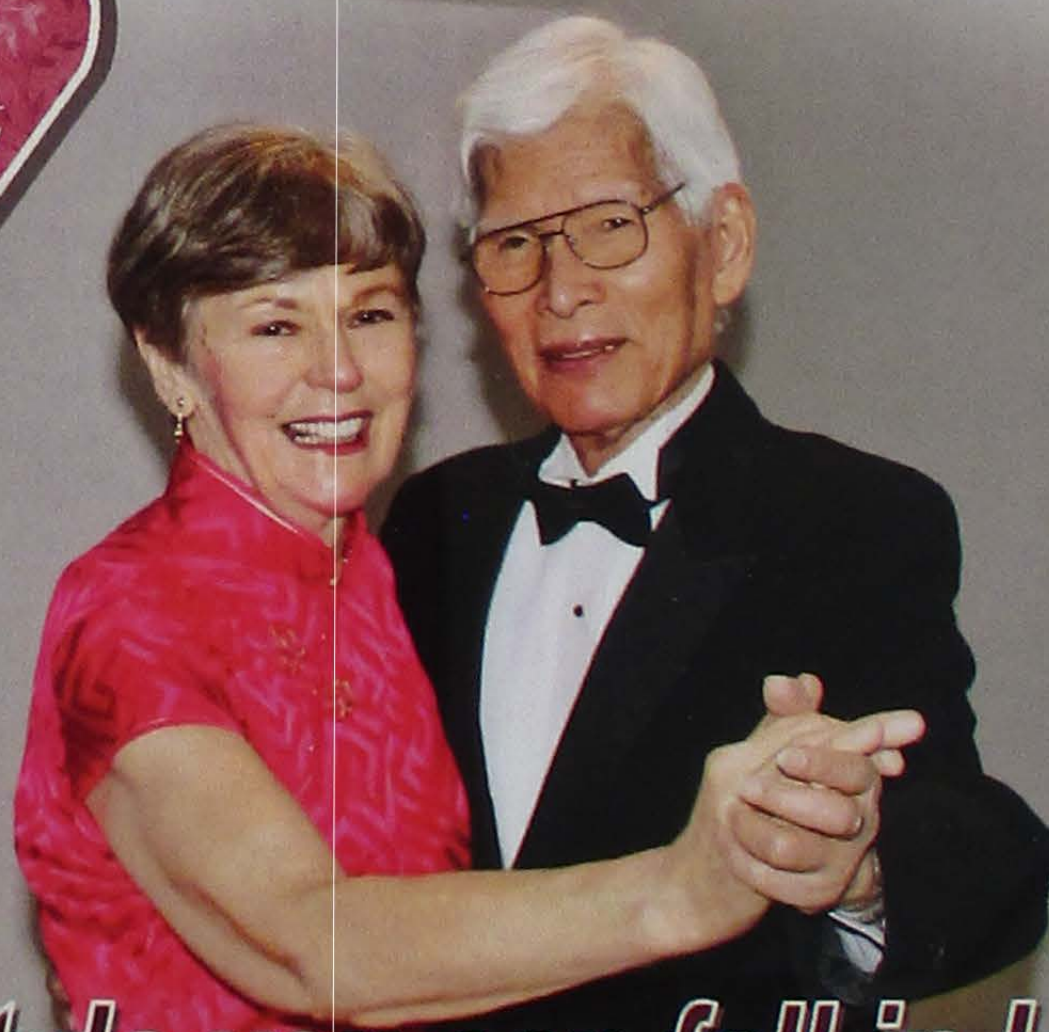
This fruity cocktail (or 'mocktail' — just use sparkling juice in place of the champagne) gets a little antioxidant boost from the use of pomegranate juice. To make the simple syrup, simmer equal parts white sugar and water until sugar dissolves and allow to cool before using.

POMEGRANATE BELLINI

- 1 1/4 cups pomegranate juice
- 1/3 cup grenadine
- 1/3 cup simple syrup
- 3 tablespoons orange-flavored liqueur
- 2 750-mL bottles of champagne, chilled

Whisk together pomegranate juice, grenadine, simple syrup and orange liqueur. Cover and chill for at least 1 hour to allow flavors to set up.

To serve, fill champagne flutes halfway with pomegranate mixture and top off with champagne to fill. Cheers!



Janet Anderson-Hsieh
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BEAUTY EXPLORATION

Explore your beautiful self in February! Take a step toward a new look. Your professional stylist, esthetician and nail tech can guide you to a new image.

Lots of stars have gone to short hair. Jennifer Hudson, Kristin Chenoweth and Jennifer Lawrence are leading the way. But what if they need long hair again? Options today include extensions and wigs.



MARY CLARE
LOKKEN

Explore what you don't have naturally. Consider waves or curls. These too can be done short term for an event or for fun. Hot tools can help you create these looks.

Go asymmetrical with one side of your cut longer than the rest. Or how about longer in the front than the back?

If the change isn't in the cut, try making a

change in your hair color. From a few colorful strands tucked into your regular color to a full blown total change, hair color is a huge boost to your confidence. And now it's much gentler on your hair with ammonia free products.

Maybe the simplest change is to part your hair on the opposite side or by moving the bump around. Some of the most conservative among us just put the life (the bump) in their style in a different place. Or they make it higher or lower.

Want to cover a big forehead? Bangs are now called fringe and can be straight, chunky, jagged or over the brows.

Want to lift your face? Keep your hair shorter than when you were under 30. Gravity may have taken hold but you can lift those little lines by lifting the lines of your cut to appear younger.

Ask your stylist what an actual total makeover would entail. Ask for her

recommendation for your new look. Or perhaps she has done her job and told you but you were resistant. Now is the time to listen to her advice.

Can't handle a big change? Try a new lipstick. Lips are in! Or how about wearing a different eyeshadow or liner? Lash extensions are a bit more dramatic but could be just the change you need.

And finally, change your nail color or at least wear nail color. The gel nail now last up to two weeks and are simpler to change. Just painting one nail a different shade can grab the attention of co-workers or your fella.

Explore the world of beauty and take a chance on a little change or a bigger one. ❖

Mary Clare Lokken is the owner of PCI Academy in Ames. She writes this column after consulting with educators there. Reach her via email at mclokken@gmail.com.

PROVIDE

MONEY RELATIONSHIPS

My business is money relationships. Relationships with children, spouses, siblings, parents, co-workers and extended family are intertwined with your thoughts and feelings about money.

Here are six steps to improve your relationship with money.

- Determine if you are a saver or an investor. A saver might save in a certificate of deposit (CD). You earn interest, the amount of interest is fixed and known, there is a maturity date (time you will redeem your money) and you will not lose value.

An investor might invest in the stock market: your earnings are called your return, the return is unknown, there is no maturity date and your investment could lose or gain value.

How do you determine if you should be a saver or an investor? Any money you will need in three years or less should be savings. Remember in the short term, your investment will fluctuate. Investing is for long-term goals like college education and retirement.

- Be curious. How much money would you have at age 65 if you invested just one dollar a day for your entire working life (45 years)? If you saved \$365 a year for 45 years at 7 percent, it would grow to over \$100,000; \$5 dollars a day (\$1825 annually) would grow to over five hundred thousand dollars in that same 45 years.

- Begin to invest. Are you ready to invest but don't think you have enough money to save? Do you carry a balance on your credit card? How much interest did you pay in 2013? Pay off the credit card and invest in your future instead of paying interest.

- Understand risk. It is natural to fear risk — fear is part of our instinct for survival. Many people think of financial risk as being synonymous with stock market risk; investments in the stock market can and will lose and gain value. Don't be so focused on the volatility of the market that you fail to consider the most certain financial risk: inflation risk.

Consider this: If the annual cost of health

insurance at age 65 is \$3600 with 3 percent average inflation (health insurance has increase more than average inflation, at age 85, the annual cost of health insurance would be \$6500. Many people live for 20 or more years after retiring, a very real financial risk is the loss of purchasing power. It is essential that your investment earnings keep up with inflation.

- Be disciplined. The steps to sound money management are simple, the follow through takes discipline. Determine your financial goals, design a plan of saving and investing to achieve those goals, review your goals annually and make adjustments as your life and goals change.

- Be realistic. Bear markets (a period of generally declining market prices; a bear is seen as clawing the market down) happen whether you want them to or not. The average 18 month bear market seems much longer as you watch your investments lose value. Remember; the stock market is for investors, not savers. Owning quality investments for the long term is what allows you to achieve your long term goals.

- Eliminate emotional decisions. Here is an example of a series of emotional decisions; after several months of dropping markets and investment losses you decide the "stock market" just isn't for you. You liquidate your investments (sell low) and move your money to a money market. Unfortunately, the money market is earning less than one percent. Bonds have posted double digit returns in the last 12 months. You move your money to bonds (buy high). Bonds begin to lose money. Stock market begins to recover. After several months you sell the bonds (sell low). Buy back into the stock market (buy high).

Don't make decisions based on your emotions. Behave like an investor; remember if markets did not fluctuate (that means both up and down) there would be no risk and you would be earning a return that does not outpace inflation.

Create a good working relationship with your money, because life is ... more than money. ♦



KAREN PETERSEN

Karen L. Petersen, CFP® CFA™, is a fee-based financial adviser. She graduated from Iowa State University in family resource management. You can contact her at (515) 232-2785 or karen@mymorethanmoney.net.

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Beyond your choice of exercising at home vs. the gym, there are emerging trends in fitness that may inspire even the most reluctant exerciser or keep the fit enthusiast moving 360 degrees.

You may not want to abandon your cardiovascular and strength training program completely, however. These



DEBRA ATKINSON

modes provide alternatives that traditional fitness options don't. But few options can offer all the cardio, strength, and flexibility benefits a body needs for optimal living. The carrot of fun, variety and adventure they offer? Maybe what you need if you're not inspired to race, or climb a mountain.

Since last July, Karen Petersen has been developing core and balance while being distracted with the goal of staying upright on a Stand Up Paddleboard (SUP) and enjoying serene views of water and shoreline.

The 60-something Ames resident was introduced to the sport by her seven and 11-year old grandsons. One time and she was hooked.

From foam to fiber-glass, like most hobby sports, you can spend as much or as little as you want, including renting first to decide if it's really a passion or a passing romance. You'll find opportunities for outdoor rental at Gray's Lake. As of last season there were no local options for rental.

Costs of the boards range from about \$400 to \$1,300 and a paddle (you'll want and need) is about \$150, according to Petersen.

If calm waters prevailed Petersen enjoys her SUP an average of three times a week.

CONTINUED ON PAGE 25



Karen Petersen keeps fit by utilizing a stand-up paddleboard after being introduced to the activity by her grandsons. CONTRIBUTED PHOTO

CONTINUED FROM PAGE 24

From her door to Ada Hayden she was in the water in 15 minutes and managed the board entirely on her own. Twenty-five minutes of SUP for a beginner is a significant amount of time, she shared. You're time investment just about the same as getting to a brick-and-mortar workout.

"At first it does take a tremendous commitment to focus on balance and proper posture," Petersen said. She appreciates both benefits.

If you prefer to stay dry or need something new and unique until the lake thaws, dust off your old hula-hoop and prepare to party.

Hula hooping is a core and cardio workout depending on how you approach it. Like SUP, it's taking the work out of the exercise. It's fun, unique, challenging and like some of the best forms of exercise helps with focus and comic relief from life. Have you

tried to hula-hoop while doing something else?

On the average you could burn about 420 calories an hour if you're counting. An hour is a long time to hoop, however, so seven calories a minute might be helpful to know. That's approximately a brisk walk equivalent. Hooping will focus on core, mobility and shift of weight in the lower body that will strengthen stabilizers. You'll be less likely to fall. If you have knee, hip or lower back issues going on, be sure you're pain free and OK'd to begin first.

If you can't hoop trying to use your kids' version, try a 2-pound-weighted version that's also slightly bigger in diameter. Smaller takes more energy to keep up. The weight will make it easier to hoop and challenge your core without bruising you like weights over three to four pounds will. Some hoops are not perfectly round on purpose and will mold to the body a little better as you hoop, making it easier to maintain the movement.

Celebrity hoopers include Michelle Obama, Kelly Osbourne, and Catherine Zeta-Jones. Locally? An ISU student hoop club was initiated in 2008 but shows very little activity. You can expect core benefits, cardio benefits and coordination and reaction enhancement: all good for reducing risk of falls. Older adults lose fast-twitch fibers twice as quickly as slow-twitch so reaction and agility are nice bonuses from any exercise mode.

Aside from hooping around the waist, older adult classes featuring hoops offer fun and function with the dime store props. Stepping through, reaching, turning the prop into a literal steering wheel and endless mobility and balance enhancers are possible with a creative instructor. ♦

Debra Atkinson, MS, CSCS is a 28-year fitness industry expert and prior Senior Lecturer in the Department of Kinesiology at Iowa State University and prior Personal Training Director at Ames Racquet & Fitness Center. She is founder of Voice For Fitness. She can be reached at www.voiceforfitness.com



Celebrate Valentine's day by rewarding your heart with a menu chock full of tasty, heart-healthy ingredients, compiled by Lincoln Center Hy-Vee's chef Cori Albers

Most people are concerned with heart health, and rightly so. One in three American adults suffers from heart disease. Adults turn to the recommendations they've heard over and over again in an attempt to keep their tickers as healthy as possible.

Advice like "Cut the salt!" and "Watch those fats!" holds true today.



AMY CLARK

However, one heart-health recommendation has changed with new research. Instead of hearing "Limit red meat!", you'll now hear dietitians discussing the consumption of lean beef as part of a healthy diet.

The BOLD (Beef in an Optimal Lean Diet) study is one reason for new viewpoints on beef. This study compared the consumption of 4 ounces of lean beef daily to the gold standard of heart-healthy eating, the DASH (Dietary Approaches to Stop Hypertension) diet. Researchers wanted to compare the effect that each diet would have on

cholesterol. Both diets contained a similar mix of nutrients, including less than 7 percent of calories from saturated fat, but the BOLD diet contained 4 ounces of lean beef each day while the DASH diet limited red meat.

At the end of the study, both diets lowered LDL "bad" cholesterol in participants by 10 percent, providing evidence that beef may not be as bad for cholesterol and heart health as once thought. And, beef is naturally packed with protein, B vitamins, iron and zinc.

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CONTINUED FROM PAGE 26

When including red meat in the diet, think of balancing your plate with a variety of food groups. MyPlate is a simple tool that helps consumers visualize each meal as a plate. Ideally, each meal would be comprised of a plate containing 1/4 lean meat or protein, 1/4 whole grains, 1/2 fruits and vegetables and a serving of low-fat or fat-free dairy on the side.

At the supermarket, lean beef is easy to find because there are more than 29 cuts of beef that meet government guidelines for "lean," including T-bone, tenderloin, top sirloin and 95 percent-lean ground beef. One trick to identifying lean beef is to look for the words "loin" and "round" in the name. Try this heart-healthy Valentine's Day dinner menu for two, created by Lincoln Center Hy-Vee's chef, Cori Albers.

SPINACH SALAD WITH RASPBERRY VINAIGRETTE

All you need:

- 1 (10 to 12-ounce) package baby spinach, washed and dried
- 1/3 cup sliced almonds, toasted
- 1 pint strawberries, hulled and quartered
- 1 medium red onion, thinly sliced

Dressing:

- 1/2 lemon, juiced
- 2 tablespoons white balsamic raspberry blush vinegar
- 1/3 cup sugar
- 1 tablespoon vegetable oil
- 1 teaspoon poppy seeds

All you do

In a large salad bowl, add the spinach, almonds, strawberries and red onion; toss together.

For the dressing: In a small glass bowl or jar with a tight-fitting lid, combine the lemon juice, vinegar, sugar, oil and poppy seeds. Whisk together in the glass bowl or shake if using a jar. Dress the salad right before serving.

SIRLOIN STEAK

All you need:

- 2 tablespoons lime juice
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1/4 teaspoon ground mustard
- 1 tablespoon oregano
- 1 tablespoon thyme
- 4 beef top sirloin steaks (5 ounces each)
- 1 cup sliced fresh mushrooms

All you do:

In a small bowl, combine lime juice, onion powder, garlic powder, mustard, oregano and thyme. Rub over both sides of steaks.

Broil steaks 4 inches from the heat for 7 minutes. Turn steaks; top with mushrooms. Broil 7-8 minutes longer or until meat reaches desired doneness (for medium-rare, a thermometer should read 145 degrees; medium, 160 degrees; well-done, 170 degrees) and mushrooms are tender.

Nutritional facts per serving: 187 calories, 7 g fat (3 g saturated fat), 80 mg cholesterol, 60 mg sodium, 3 g carbohydrate, trace fiber, 28 g protein. Diabetic Exchange: 4 lean meat.

ROASTED ASPARAGUS

All you need:

- 1 pound asparagus spears
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- Kosher salt, to taste
- Freshly grated black pepper, to taste
- Lemon juice

All you do:

Preheat oven to 400 degrees. Rinse clean the asparagus. Break the tough ends off of the asparagus and discard.

Drizzle the olive oil over the asparagus. Sprinkle garlic, salt and pepper over the asparagus evenly. Bake 15 minutes until asparagus is slightly tender.

ROASTED PURPLE POTATOES

All you need:

- 2 1/2 pounds blue Peruvian potatoes
- 3 cloves garlic, minced
- 2 tablespoons chopped fresh cilantro
- 3 tablespoons olive oil
- 1/2 teaspoon salt
- 1/8 teaspoon ground black pepper
- 2 teaspoons fresh leaf thyme

All you do:

Heat oven to 400 degrees. Scrub potatoes or peel, if desired. Cut potatoes into 1-inch pieces.

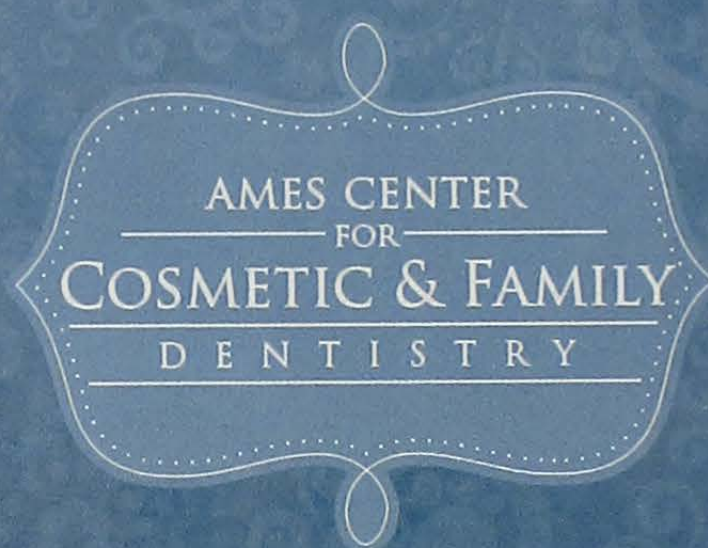
Toss with the garlic, cilantro, olive oil, salt, pepper and thyme. Arrange in one layer in a large baking pan or roasting pan.

Cook, turning occasionally, for 20 to 25 minutes, or until browned and tender. ♦

Amy Clark received her Bachelor of Science Degree in nutrition and dietetics from Iowa State University in 2003 and completed her dietetic internship at Iowa Methodist Medical Center in 2004. She is a member of the Academy of Nutrition and Dietetics and Iowa Academy of Nutrition and Dietetics. Amy completed CDR Certificate of Training in Adult Weight Management in November 2006. This information is not intended to be medical advice.



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From left: Marian Olive, of Story City; Nicole and Chris Engelhardt, of Story City; Rachel and Ben Winecoff of Story City; Ann Smiley-Oyen, of Ames; Mike and Mary Ness, of Story City



From left: Dave Flygstad, of Ellsworth; Gary and Hope Brown, of Story City

PHOTOS BY JULIE FERRELL/FACETS

PEOPLE



Front left to right: Ira Sawyers, of Ames; Janice Baker, of Des Moines; Nancy Quick, of Des Moines; Janet and Gerry Stoll, of Huxley; Back left to right: Traci Carney, of Huxley; Jeriann McLaughlin, of Huxley; Jamie and Dan Warg, of Cambridge



From left: David, Sherrie and Laura McDonald, of Bellevue, Neb.



From left: Joy McLain, of Ames, and Jan and Rick Lundgren, of Ames



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Thanks you for our wonderful room,
Carrie & Andrew Ricklefs



P.O. Box 544 • Ames, Iowa
515-232-8951
geisingerconstruction@hotmail.com

FACETED WOMAN: ANGELA OSSIAN

NAME: Angela Ossian

AGE: 48

POSITION: Director of Marketing for SMG at the Iowa State Center

FAMILY: Daniel, Macy & Eric

WHAT WOULD YOU DO WITH \$1,000 TO SPEND ON YOURSELF?

Take a yoga retreat on Madeline Island along Lake Superior. It would be a week of yoga, kayaking, horses and art. Sounds like heaven to me.

YOUR FAVORITE MEAL:

Salmon teriyaki with rice and roasted broccoli or sesame asparagus

I NEVER LEAVE HOME WITHOUT:

Kissing my loved ones good bye, cell phone, cash and hand sanitizer

YOUR FAVORITE MOTTO:

If you are offered a seat on a rocket ship, you don't ask what seat. You just get on. From the book "Lean In: Women, Work, and the Will to Lead," written by Sheryl Sandberg, who served as the chief operating officer of Facebook at the time of publication. To me this means keeping an open mind to new opportunities and experiences. Don't ask too many questions. Just enjoy the ride!

WHAT MAKES YOU HAPPY?

Spending time in the great outdoors. A few years ago, we stayed in Estes Park and explored the Rocky Mountain National Park and drove Trail Ridge Road to Grand Lake, Colo. I was so moved by the beauty of the mountains, towering pines, waterfalls and even the stillness. Taking care of my physical self through exercise, yoga at least times a week, proper nutrition and cultivating healthy relationships also makes me happy.

WHAT MAKES YOU FEEL CONFIDENT?

Lifelong learning. The self-motivated pursuit of knowledge for either personal or professional reasons provides confidence as I move beyond what is unfamiliar.

WHAT MAKES YOU LAUGH?

It's not "what" but "who." My husband, Daniel. After 25 years of marriage, he still makes me laugh.

WHAT HAVE YOU ACCOMPLISHED THAT HAS MADE YOU PROUD?

Raising delightful, confident,



Angela Ossian, left, and daughter, Macy, husband, Daniel, and son, Eric. CONTRIBUTED PHOTO

smart, strong-willed children who are independent thinkers and doers.

DO YOU BELIEVE IN NEW YEAR'S RESOLUTIONS? DO YOU HAVE ONE THIS YEAR?

I believe you truly have to be ready for a change to make it last and it may not be tied into the calendar. The decision for change will happen when the time is right.

BEST TIP TO LOOK AND FEEL GREAT:

Being aware of yourself and honest about who you are. When you are comfortable in your own skin, you look beautiful, regardless of any flaws, age, upbringing or what society "says" you should be.

IF YOU KNEW THEN WHAT YOU KNOW NOW, WHAT WOULD YOU HAVE DONE DIFFERENTLY?

I would not have worried so much or tried to be a perfectionist.

HOW DO YOU REWARD YOURSELF?

Brownies & ice cream

MY IDEA OF A NIGHTMARE JOB:

Working at a fast food restaurant or chain.

MY SIMPLEST PLEASURE:

Riding my Specialized road bike on the High Trestle Trail, which is just a few

miles from our house.

I CRAVE:

In our "do more to be more" culture, I crave simplicity.

I SECRETLY LOVE:

Cross-stitching. I have given projects as gifts and have framed a few — my favorite is the 'The Skater' by P. Buckley Moss hanging in our dining room.

WHEN I AM AN OLD LADY:

Take piano lessons, tend to a garden, live along the beach and practice yoga every day.

I AM THANKFUL FOR:

Iowa's four seasons.

FAVORITE WARDROBE STAPLE:

Quality purses that can handle a lot of use and abuse.

WHAT FINANCIAL ADVICE WOULD YOU GIVE OTHER WOMEN?

Contribute as much as you can to your 401K and pay off your credit cards every month.

HOW DO YOU GIVE BACK TO YOUR COMMUNITY?

I am a Loaned Executive for United Way of Story County and have been an RE teacher at my church.

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